

Risky Business

ISSUE 04

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<http://www.co.columbia.ga.us/Departments/riskmanagement/risk1.html>



TRAINING SCHEDULE

April 6, 2004

April 21, 2004

April 27, 2004

May 13, 2004

May 19, 2004

May 25, 2004

Infant/Child/Adult CPR w/AED

Defensive Driving Course – 8 hour

Defensive Driving Course – 8 hour

CPR w/AED First Aid

Defensive Driving Course – 8 hour

First Aid



Space is still available. Contact Risk Management for additional information or to register. You can visit the county website and click on the “Calendar of Events”, followed by Risk Management. This will give you the entire training schedule, plus access to additional information about each class.

Masters Week
Augusta, GA



Repetitive motion disorders can be an effect of any sport: According to Jonathan Shrewsbury MCSP (UK) SRP, Physiotherapist for the PGA European Tour, wrist and hand injuries are the most common injuries on the PGA tour. Professional golfers also present with frequent neck and shoulder injuries. While the upper quadrant of the body is most likely to be injured in the professional golfer, the lower back and elbow are most likely to be hurt in amateur golfers. Amateur golfers will strain abdominal muscles as a result of overuse of the trunk muscles during the golf swing sequence. However, hip problems tend to be a problem for both amateur and professional golfers alike.



PREVENTION EXERCISES: Reduce fatigue, promote circulation and improve comfort
Stretches – standing: Hold for 5-10 seconds and repeat 3-5 times

- Palms in hollow of lower back, eyes straight ahead, lean back, relax
- Arms at side, inhale, reach up with both arms and relax

Stretches – sitting:

- Clasp hands behind head, press elbows back, squeeze shoulder blades, relax
- Straighten leg, flex toes, relax – return foot to floor and switch legs.



What are Repetitive Motion Disorders?



Repetitive motion disorders (RMDs) are a variety of muscular conditions that result from repeated motions performed in the course of normal work or other daily activities.

RMDs may be caused by overexertion, incorrect posture, muscle fatigue, compression of nerves or tissue, too many uninterrupted repetitions of an activity or motion, or friction caused by an unnatural or awkward motion such as twisting the arm or wrist. Over time, these conditions can cause temporary or permanent damage to the soft tissues in the body, such as the muscles, nerves, tendons, and ligaments.

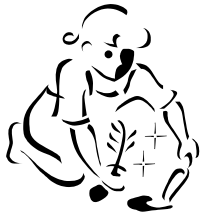
RMDs can occur in the hands, wrists, elbows, shoulders, neck, back, hips, knees, feet, legs, and ankles, however, the hands and arms are most often affected. Generally, they affect individuals who perform repetitive tasks such as assembly line work, meatpacking, sewing, playing musical instruments, and **computer work**. The disorders may also affect individuals who engage in activities such as carpentry, gardening, golfing, tennis, and lifting children.



RMDs may include such conditions as carpal tunnel syndrome, bursitis, tendonitis, epicondylitis, ganglion cyst, tenosynovitis, and trigger finger.

Symptoms of these disorders may include pain, tingling or numbness, visible swelling or redness of the affected area, and loss of flexibility and strength.

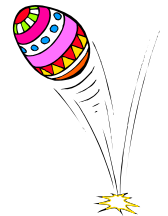
For some individuals, there may be no visible sign of injury although they may find it hard to perform the tasks they perform regularly.



April 11, 2004



Happy Easter



Thank you all, for your support:

